

**Statistics Report 36005, APPLEBEE'S, chicken tenders, from kids' menu**
**Report Date: July 04, 2017 16:58 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a>	g	43.42	6	0.555	42.16	46.06	5.0	41.993	44.847	1	Analytical or derived from analytical	--	03/2013
Energy	kcal	296	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Energy	kJ	1238	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Protein <a href="#">1</a>	g	19.25	6	0.151	18.7	19.75	5.0	18.863	19.637	1	Analytical or derived from analytical	--	03/2013
Total lipid (fat) <a href="#">1</a>	g	16.15	6	0.443	15.2	18.03	5.0	15.015	17.291	1	Analytical or derived from analytical	--	03/2013
Ash <a href="#">1</a>	g	2.81	6	0.047	2.6	2.92	5.0	2.694	2.936	1	Analytical or derived from analytical	--	03/2013
Carbohydrate, by difference	g	18.36	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fiber, total dietary <a href="#">1</a>	g	1.2	3	0.060	1.1	1.3	2.0	0.948	1.465	1	Analytical or derived from analytical	--	03/2013
Sugars, total <a href="#">1</a>	g	0.39	3	0.018	0.36	0.42	2.0	0.311	0.462	1	Analytical or derived from analytical	--	03/2013

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Sucrose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Glucose (dextrose) <a href="#">1</a>	g	0.39	3	0.018	0.36	0.42	2.0	0.311	0.462	1	Analytical or derived from analytical	--	03/2013
Fructose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
Lactose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
Maltose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
Galactose <a href="#">1</a>	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
Starch <a href="#">1</a>	g	16.97	3	0.736	15.5	17.8	2.0	13.802	20.132	1	Analytical or derived from analytical	--	03/2013
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	23	6	0.494	22	25	5.0	21.548	24.085	1	Analytical or derived from analytical	--	03/2013
Iron, Fe <a href="#">1</a>	mg	0.90	6	0.026	0.85	0.99	5.0	0.835	0.967	1	Analytical or derived from analytical	--	03/2013
Magnesium, Mg <a href="#">1</a>	mg	30	6	0.353	29	32	5.0	29.343	31.157	1	Analytical or derived from analytical	--	03/2013

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Phosphorus, P <a href="#">1</a>	mg	305	6	3.992	295	318	5.0	294.739	315.261	1	Analytical or derived from analytical	--	03/2013
Potassium, K <a href="#">1</a>	mg	337	6	3.420	325	349	5.0	328.043	345.624	1	Analytical or derived from analytical	--	03/2013
Sodium, Na <a href="#">1</a>	mg	763	6	6.227	739	780	5.0	747.326	779.341	1	Analytical or derived from analytical	--	03/2013
Zinc, Zn <a href="#">1</a>	mg	0.71	6	0.012	0.67	0.76	5.0	0.682	0.743	1	Analytical or derived from analytical	--	03/2013
Copper, Cu <a href="#">1</a>	mg	0.071	6	0.003	0.06	0.09	5.0	0.063	0.08	1	Analytical or derived from analytical	--	03/2013
Manganese, Mn <a href="#">1</a>	mg	0.260	6	0.010	0.23	0.3	5.0	0.236	0.285	1	Analytical or derived from analytical	--	03/2013
Selenium, Se <a href="#">1</a>	µg	16.9	3	1.308	14.8	19.3	2.0	11.274	22.526	1	Analytical or derived from analytical	--	03/2013
<b>Vitamins</b>													
Thiamin <a href="#">1</a>	mg	0.100	3	0.006	0.09	0.11	2.0	0.075	0.125	1	Analytical or derived from analytical	--	03/2013
Riboflavin <a href="#">1</a>	mg	0.177	3	0.007	0.17	0.19	2.0	0.148	0.205	1	Analytical or derived from analytical	--	03/2013
Niacin <a href="#">1</a>	mg	7.890	3	0.631	6.93	9.08	2.0	5.174	10.606	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <a href="#">1</a>	mg	1.565	2	--	1.43	1.7	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
Vitamin B-6 <a href="#">1</a>	mg	0.484	3	0.011	0.47	0.51	2.0	0.438	0.53	1	Analytical or derived from analytical	--	03/2013
Vitamin B-12 <a href="#">1</a>	µg	0.15	3	0.018	0.12	0.18	2.0	0.077	0.229	1	Analytical or derived from analytical	--	03/2013
Vitamin A, RAE	µg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Retinol <a href="#">1</a>	µg	7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Carotene, beta <a href="#">1</a>	µg	23	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Carotene, alpha <a href="#">1</a>	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Cryptoxanthin, beta <a href="#">1</a>	µg	11	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin A, IU	IU	72	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lycopene <a href="#">1</a>	µg	6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin <a href="#">1</a>	µg	72	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	1.28	3	0.103	1.15	1.48	2.0	0.834	1.721	1	Analytical or derived from analytical	--	03/2013
Tocopherol, beta <a href="#">1</a>	mg	0.17	3	0.016	0.14	0.2	2.0	0.105	0.239	1	Analytical or derived from analytical	--	03/2013
Tocopherol, gamma <a href="#">1</a>	mg	7.01	3	0.431	6.27	7.76	2.0	5.155	8.865	1	Analytical or derived from analytical	--	03/2013
Tocopherol, delta <a href="#">1</a>	mg	1.12	3	1.118	0	3.35	2.0	-3.691	5.926	1	Analytical or derived from analytical	--	03/2013
Vitamin K (phylloquinone) <a href="#">2</a>	µg	25.1	3	2.924	19.3	28.4	2.0	12.554	37.713	1	Analytical or derived from analytical	--	04/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	2.852	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
4:0 <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
6:0 <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
8:0 <a href="#">1</a>	g	0.007	3	0.001	0.01	0.01	2.0	0.005	0.009	1	Analytical or derived from analytical	--	03/2013

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10:0 <a href="#">1</a>	g	0.005	3	0.000	0.01	0.01	2.0	0.004	0.007	1	Analytical or derived from analytical	--	03/2013
12:0 <a href="#">1</a>	g	0.002	3	0.001	0	0	2.0	-0.003	0.008	1	Analytical or derived from analytical	--	03/2013
14:0 <a href="#">1</a>	g	0.020	3	0.001	0.02	0.02	2.0	0.014	0.025	1	Analytical or derived from analytical	--	03/2013
15:0 <a href="#">1</a>	g	0.005	3	0.000	0	0.01	2.0	0.003	0.006	1	Analytical or derived from analytical	--	03/2013
16:0 <a href="#">1</a>	g	1.783	3	0.041	1.74	1.86	2.0	1.606	1.96	1	Analytical or derived from analytical	--	03/2013
17:0 <a href="#">1</a>	g	0.018	3	0.001	0.02	0.02	2.0	0.015	0.02	1	Analytical or derived from analytical	--	03/2013
18:0 <a href="#">1</a>	g	0.892	3	0.017	0.86	0.92	2.0	0.82	0.965	1	Analytical or derived from analytical	--	03/2013
20:0 <a href="#">1</a>	g	0.050	3	0.001	0.05	0.05	2.0	0.045	0.055	1	Analytical or derived from analytical	--	03/2013
22:0 <a href="#">1</a>	g	0.050	3	0.000	0.05	0.05	2.0	0.049	0.052	1	Analytical or derived from analytical	--	03/2013
24:0 <a href="#">1</a>	g	0.019	3	0.001	0.02	0.02	2.0	0.013	0.025	1	Analytical or derived from analytical	--	04/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	3.568	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
14:1 <a href="#">1</a>	g	0.002	3	0.001	0	0	2.0	-0.002	0.005	1	Analytical or derived from analytical	--	03/2013
15:1 <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
16:1 undifferentiated <a href="#">1</a>	g	0.059	3	0.008	0.05	0.07	2.0	0.023	0.094	1	Analytical or derived from analytical	--	03/2013
16:1 c <a href="#">1</a>	g	0.059	3	0.008	0.05	0.07	2.0	0.023	0.094	1	Analytical or derived from analytical	--	03/2013
16:1 t <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
17:1 <a href="#">1</a>	g	0.009	3	0.001	0.01	0.01	2.0	0.006	0.013	1	Analytical or derived from analytical	--	03/2013
18:1 undifferentiated <a href="#">1</a>	g	3.402	3	0.070	3.28	3.52	2.0	3.099	3.706	1	Analytical or derived from analytical	--	03/2013
18:1 c <a href="#">1</a>	g	3.366	3	0.070	3.25	3.49	2.0	3.064	3.667	1	Analytical or derived from analytical	--	03/2013
18:1 t <a href="#">1</a>	g	0.037	3	0.004	0.03	0.04	2.0	0.019	0.055	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 <a href="#">1</a>	g	0.096	3	0.003	0.09	0.1	2.0	0.083	0.109	1	Analytical or derived from analytical	--	03/2013
22:1 undifferentiated <a href="#">1</a>	g	0.000	3	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	03/2013
22:1 c <a href="#">1</a>	g	0.000	3	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	03/2013
22:1 t <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2009
24:1 c <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total polyunsaturated	g	7.894	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:2 undifferentiated <a href="#">1</a>	g	6.880	3	0.011	6.86	6.89	2.0	6.833	6.927	1	Analytical or derived from analytical	--	03/2013
18:2 n-6 c,c <a href="#">1</a>	g	6.790	3	0.007	6.78	6.8	2.0	6.76	6.82	1	Analytical or derived from analytical	--	03/2013
18:2 CLAs <a href="#">1</a>	g	0.010	3	0.001	0.01	0.01	2.0	0.005	0.015	1	Analytical or derived from analytical	--	03/2013
18:2 t not further defined <a href="#">1</a>	g	0.080	3	0.008	0.07	0.1	2.0	0.046	0.113	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated <a href="#">1</a>	g	0.917	3	0.010	0.9	0.93	2.0	0.874	0.959	1	Analytical or derived from analytical	--	03/2013
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.859	3	0.014	0.83	0.88	2.0	0.8	0.917	1	Analytical or derived from analytical	--	03/2013
18:3 n-6 c,c,c <a href="#">1</a>	g	0.058	3	0.004	0.05	0.06	2.0	0.042	0.074	1	Analytical or derived from analytical	--	03/2013
18:3i <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
18:4 <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
20:2 n-6 c,c,c <a href="#">1</a>	g	0.010	3	0.001	0.01	0.01	2.0	0.005	0.015	1	Analytical or derived from analytical	--	03/2013
20:3 undifferentiated <a href="#">1</a>	g	0.009	3	0.001	0.01	0.01	2.0	0.007	0.011	1	Analytical or derived from analytical	--	04/2009
20:3 n-6 <a href="#">1</a>	g	0.009	3	0.001	0.01	0.01	2.0	0.007	0.011	1	Analytical or derived from analytical	--	03/2013
20:4 undifferentiated <a href="#">1</a>	g	0.051	3	0.002	0.05	0.05	2.0	0.04	0.061	1	Analytical or derived from analytical	--	03/2013
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013

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22:4 <a href="#">1</a>	g	0.019	3	0.001	0.02	0.02	2.0	0.016	0.021	1	Analytical or derived from analytical	--	03/2013
22:5 n-3 (DPA) <a href="#">1</a>	g	0.005	3	0.001	0	0.01	2.0	-0.001	0.01	1	Analytical or derived from analytical	--	03/2013
22:6 n-3 (DHA) <a href="#">1</a>	g	0.004	3	0.001	0	0.01	2.0	--	0.008	1	Analytical or derived from analytical	--	04/2009
Fatty acids, total trans	g	0.116	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total trans-monoenoic	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Cholesterol <a href="#">1</a>	mg	51	3	0.850	50	53	2.0	47.641	54.959	1	Analytical or derived from analytical	--	03/2013
<b>Amino Acids</b>													
Tryptophan <a href="#">1</a>	g	0.203	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Threonine <a href="#">1</a>	g	0.577	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Isoleucine <a href="#">1</a>	g	0.952	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Leucine <a href="#">1</a>	g	1.520	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lysine <a href="#">1</a>	g	1.348	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Methionine <a href="#">1</a>	g	0.486	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Cystine <a href="#">1</a>	g	0.233	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Phenylalanine <a href="#">1</a>	g	0.760	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Tyrosine <a href="#">1</a>	g	0.507	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Valine <a href="#">1</a>	g	1.054	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Arginine <a href="#">1</a>	g	1.135	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Histidine <a href="#">1</a>	g	0.679	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Alanine <a href="#">1</a>	g	1.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Aspartic acid <a href="#">1</a>	g	1.651	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Glutamic acid <a href="#">1</a>	g	3.343	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glycine <a href="#">1</a>	g	0.790	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Proline <a href="#">1</a>	g	1.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Serine <a href="#">1</a>	g	0.577	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Hydroxyproline <a href="#">1</a>	g	0.030	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16h, 2012 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12c, 2008 Beltsville MD